



ZONTA

CLUB OF
QUABOAG VALLEY

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

ZONTA BOG NEWSLETTER OCTOBER 2018

Important Dates for your Calendar

2018

October 6 DV Awareness Walk
Veterans Park, Ware

October 15 Dinner Meeting 3rd Monday
#HeForShe program: DV in Our Backyard

October 20 Out of the Darkness Walk
10am School St. Park, Agawam

November 12 Dinner Meeting
Founder's Day program

November 25—December 10
16 Days of Activism—Zonta Says No!

December 10 Dinner Meeting
Holiday program

2019

January 14 Dinner Meeting
Amelia Earhart tribute

February 11 Dinner Meeting
Period Project

**March 11-22 Commission on the Status
of Women 63, UN—New York**

March 11 Dinner Meeting

April 8 Dinner Meeting

May 6 Silent "no more!" Auction

Spring Retreat

**June 7—9 North American Inter-District
Meeting in Dallas, TX**

Collecting for Good Causes:

Toiletries (Danielle) Magazines (Marge)
Gently used adult and children's books,
puzzles and yarn (Debbie)



President's Message

Dear Sister Zontians and Friends,



We are off to a grand start to our new Zonta year! We welcomed 2 new members to our Zonta family at our September meeting. Also, many thanks to Shanique for an entertaining presentation of her experiences at the ZI convention in Japan. Nice job, Shanique! Lastly, thank you to Mary for educating us about the Zonta online Leadership Program (see slides on pages 7-8). There are so many wonderful opportunities for personal growth as a Zonta member. I encourage everyone to take the time to investigate this program.

On October 15th, we will hold a very special event to support the HeForShe movement. We have invited several representatives from our community to participate in a panel discussion on domestic violence. This will be an opportunity to educate ourselves on what is happening locally and to understand how we can join together to take action. The timing of this program could not be better! Please help us spread the word about this important event. Invite friends, family and colleagues to join us in raising awareness. This impacts everyone, men and women.

On November 12th, we will hold our Founders Day celebration to honor a women in our community who exemplifies our Zonta mission. Please read the information on page 6 about our nominees and be prepared to vote online for the award winner.

As always, we welcome guests and encourage you to share the Zonta spirit with others. Please honor our RSVP protocol below.

Thank you, all, for your dedication and service.

Trish Pupek
President.

RSVP * 5:30 Social and 6:00 Dinner at
the Ludlow Country Club, Ludlow MA
Members are expected for dinner (\$18)
unless notification made in advance.
Call/Text Trish 413-626-5656 or email
info@zontaqv.org with quest count and any
regrets by the prior Wednesday.



Birthday wishes:

Liz Reeves 10/10
Dianne Kidd 10/25
Mary Knight 11/12
Tina Guinasso 11/14
Dana Burton 11/25

Domestic Violence Awareness: Learn What’s Happening in Your Backyard and How You Can Be Part of the Solution.



At the Quaboag Valley dinner meeting on Monday, October 15, 2018, members and guests will receive a summary of data collected from local police departments on how the issue of domestic violence is impacting their communities. Following dinner, representatives from law enforcement and DV advocates will participate in a panel discussion to generate concrete ideas that would make a difference in the lives of families at risk – things that men and women, boys and girls in the community can work on together. This is not a woman’s issue – it’s a human rights issue.

The public is invited to join us for this event on October 15th starting at 5:30 at the Ludlow Country Club, Ludlow MA. A buffet dinner (\$18) will be served at 6pm, followed by the program.

Please RSVP by October 9th, either:

- (1) Online at zontaqv.org, Click on the Donate link to register and prepay.
 - (2) Send a check (\$18/pp) with names of all attendees to Mary F. Knight, PO Box 1034, Belchertown MA 01007-1034,
 - (3) Email info@zontaqv.org with names of all attendees and pay \$18/pp at the door – cash, check or credit card.
- (Note: Specify any dietary restrictions by emailing name/details to info@zontaqv.org.)

Violence against women and girls manifests itself in physical, sexual and psychological forms. Every day in countries around the world, women and girls experience acts of violence ranging from online harassment to domestic assault and human trafficking. This has to stop. Zonta, in support of HeForShe – a UN Women Solidarity Movement for Gender Equality, is building a world where no one has to be afraid simply because of who they are.



Zonta Club of Quaboag Valley District I, Area II, Charter 1317 of Zonta International 2018—2019

President: Patricia Puepk
Vice President: Dana Burton
Treasurer: Joanne Turner-Chiacchia
Secretary: Shanique Spalding
Directors: Andrea Bordenca
 Danielle Petrangelo
 Mary Knight

Website: www.zontaqv.org

Committee Chairs 2018—2019

Finance & Audit Chair: Pam Albertson
Membership Chair: Dana Burton
PR /Communication Chair: Mary Knight
Advocacy/UN Chair: Pam Albertson
Service Chair: Debra Wood
Scholarships Chair: Dana Burton
Poinsettia Fundraiser Chair: Liz Reeves
Golf Fundraiser Chair: Debra Wood
Auction Fundraiser Chairs:
 Patricia Pupek and Dianne Kidd
Centennial Chairs:
 Marge Cavanaugh and MaryAnn Rubis
Nominating: Pam Albertson, Liz Reeves,
 Marge Cavanaugh

“Whether you think you can or think you can’t, you’re right.”
 Henry Ford



September 10, 2018 Zonta of Quaboag Valley Dinner Meeting

Ludlow Country Club

Present: Pam Albertson, Dana Burton, Marge Cavanaugh, Mary Knight, Patti Matthieu, Danielle Petrangelo, Liz Reeves, MaryAnn Rubis, Shanique Spalding, Joanne Turner Chiacchia, Sue Williams, Debbie Wood, Andrea Bordenca, Dianne Kidd, Janet Da Silva, Trish Pupek

Not Present: Lisa Sedelow, Kris Goold

Guests: Luz Rivera, Nancy Ayers

President Trish Pupek called the meeting to order at 6:11 PM. Trish welcomed everyone and led the group in the Zonta Blessing.

Business Meeting:

Minutes: A motion was made to approve the minutes as published in the September newsletter. Minutes were approved.

Treasurer's Report: Joanne reported a balance of \$1,435 available for FY19 for Soldier On and all other service giving. To increase that amount, Joanne proposed reconsidering standing donation amounts of \$150 to various non-profits in the budget. After a spirited discussion, Trish made a motion to reduce the amounts given to Jubilee Cupboard, Helping Hands Cupboard, Palmer Food Share, Palmer Library Basket/ Top Floor Learning and Community Survival Center to \$100 each. This motion was passed. A motion was then made by Mary Knight to file the June, July and August financial report for Audit and accept FY19 budget as amended. This motion passed, and the Treasurer's report accepted.

Welcome New Members: Foundation Ambassador for District 1 MaryAnn Rubis lead the induction ceremony for two new club members Luz Rivera and Nancy Ayers. President Trish then gave Luz and Nancy their membership name badges and packet of materials to get them started.

Committee Reports:

Membership: Dana Burton, Chairman of the Membership Committee reported that membership materials are available for visitors interested in Zonta, and she will be looking for club members to join her committee.

Scholarship: Dana Burton reported that Lauren Gamache is the new Jane M. Klausman Women in Business Scholarship recipient. This scholarship is awarded annually to a woman pursuing a undergraduate or master's degree in Business Management.

Service: Debbie Wood reports that with the \$475.00 donated for the Women's Correctional Facility our club was able to purchase much needed journals, coloring books, yarn, puzzles and other crafts. Debbie mentioned although our club will not be continuously donating to the Women's Correctional Facility; she encourages club members who wish to donate to do so by donating journals, puzzles and or yarn, as those are the most consistently needed items.

Golf Tournament: Debbie Wood reported that our golf tournament was very successful this year and we exceeded our goal of attendees. She also reported a \$300.00 income made on raffles. Final numbers have not been solidified for overall income made but so far the amount is larger than last year.

Soldier On: President Trish passed out signups for the next Soldier On trip which also included at the bottom some suggestions made by the women at Soldier On of possible next event ideas.

ZI Convention Memories: Shanique Spalding reported on her experience as a delegate at the 64th Zonta International Convention held in Yokohama Japan. Shanique also reported she served as a Proxy to Zonta Club of Burlington and Zonta Club of Southern Maine. During her power point presentation she updated the club on the new international officers nominated and the changes made to the international bylaws. She further reported that our club will need to have a committee to review our clubs bylaws to ensure that they align with the new changes in the international bylaws. Shanique also reported that due to the success of the Zonta Says No project, international will continue the project through the biennium.

Announcements:

Centennial Anniversary of ZI over 2 Years: MaryAnn Rubis reported that Joanne Puopolo is the chair of the district Centennial Committee. Mary Ann also reports that on the international website are some helpful Centennial tools.

He for She: Danielle Petrangelo, Shanique Spalding and Mary Knight met to plan this event for October. Danielle explained that the topic was suggested at our June meeting, for Domestic Violence Awareness month. Panelists will be chosen from the greater Quaboag Valley area, and include police officers, YWCA and local Domestic Violence Task Force representatives. This event will be lead by a moderator asking questions that focus on trends in domestic violence and how community members and Zonta can help. Mary Knight reported that she had created and sent a survey to area police departments to gather information on trends to help inform the discussion of the night. MaryAnn asked about how marketing would be done. Shanique Spalding reported that reaching out to local media, asking participating orgs or area orgs to attend, social media posts and website posts were some ways of promotion.

YWCA Event: Danielle Petrangelo reported that the YWCA of Western MA is holding a breakfast on November 6, 2018 at the Basketball Hall of Fame at 7:30am. Tickets for the event are \$50.00 a person. She will email info to club members.

Membership Committee Recruitment: Mary Knight proposed that new committee chairs send emails with descriptions about their committee and their goals out to club members. Mary also suggested posting these descriptions in the club's October newsletter. Thus helping club member better decide which club they wish to participate on.

Leadership Development: Mary Knight reported on the new Zonta International online tool for Leadership Development. It consists of



ZQV Committee Goals for 2018-2019

Board Committee: Trish Pupek, Dana Burton, Shanique Spalding, Joanne Turner-Chiacchia, Danielle Petrangelo, Andrea Bordenca, Mary Knight,

Our objectives are to monitor and support goals established by club members; to be a sounding board for member ideas; to assist committees in overcoming obstacles; and act as a role model for leadership in our organization

Membership Committee: Chair Dana Burton, Nancy Ayres and Dianne Kidd

Membership is vital for the future of the club and for the growth of Zonta International. Our goals are to build on the foundation we have created for recruiting new candidates and maintaining current members. Membership events such as the Period Project have been an effective way to spread the word about Zonta and what our club does. We will continue to involve the community in our hands-on projects and actions, and use social media as a platform to spread news. As membership chair, I will take point on creating Facebook events for all our awesome upcoming meetings. Sharing on more community groups on Facebook may be a new and great way to drum up conversations on important topics and events, as well. However, nothing beats word-of-mouth marketing by members in their communities. We need to continue to support other groups like the YWCA and have tables at events. As far as maintaining members, we will continue to find new and fun events and hands-on projects to keep things interesting and educational. We will highlight the skills of our members while pushing everyone to grow, and work with advocacy to underline the amazing work that is being accomplished thanks to our efforts.

Service Committee: Chair Debbie Wood, Danielle Petrangelo, Joanne Turner-Chiacchia, Susan Williams

This committee reviews requests for financial and other service-related support and recommends action by the club for those that align with Zonta International goals and mission, and are responsive to the needs of women in the greater Quaboag Valley area. The committee takes into consideration the club budget when making recommendations to membership.

Advocacy Committee: Chair Pam Albertson, Luz Rivera, Shanique Spalding, MaryAnn Rubis

The goals of this committee are to improve the status of women and advocate for laws and attitudes that affect women's lives. To accomplish this within the Quaboag Valley club's membership, we will identify resources for our members to use to become educated on issues related to these goals so that they can become advocates themselves. Ideas for advocacy actions can come from other clubs and like-minded organizations; we will present successful activities to our members as possible actions that we can take. Activities also can be used as a tool for membership outreach and educating others what Zonta is all about.

Public Relations / Communication Committee: Chair Mary Knight

This committee promotes the Zonta image in the community through the use of positive publicity. Internal and external communications generally include newsletters, brochures and programs, flyers and posters, press releases, social media, internet updates, etc. New outreach ideas are encouraged. Our focus during the Centennial biennium is to work with all committees to identify monthly multi-media opportunities for communicating about our events, the work of ZIF, and everyday content on topics Zontians care about. We will encourage members to use our club and district websites for information, and to share our social media pages with their networks.

Centennial Committee: Co-chairs Marge Cavanaugh and MaryAnn Rubis, Patti Mathieu, Pam Albertson

The goal of this committee is to plan events and communications to celebrate this milestone which will run from July 2018 to July 2020, with special emphasis on the actual anniversary 11/25/2019. We will ensure all print and publicity materials, social media and the club's homepage carry the Centennial logo; plus work with every committee/event to ensure there is a link to Centennial theme. We are open to something that can be handed out to visitors and at booths to publicize the Centennial theme (e.g., pamphlet, pencils, magnet). We hope to do something spectacular for November 2019 - tied in with Founder's Day. We would like to play off the 100 theme—perhaps collect 100 books about inspirational women and girls, add a Centennial bookplate and donate to local libraries; and/or do 100 Hours of service with young men and women on a unique service project. We will consider completing a Centennial Anniversary Grant with SoldierOn Women. Finally, we hope to develop a plan for a repository where Zonta records and ephemera can be stored for future generations.

Committee Goals for 2018-21019 continued**Scholarship Committee: Chair Dana Burton, Andrea Bordenca, Kristin Goold, Susan Williams**

The Club budgets for two \$1000 awards to hand out to women in the surrounding area: the Young Women in Public Affairs (YWPA) award and the Jane M Klausman (JMK) scholarship.

Our main goal is to increase the number of applications received for the JMK award. This award goes to a woman pursuing a bachelors or masters degree in business or a related field. Applications are distributed in February to local colleges by mail and email, shared on social media, and on local print news. The form is sent to financial aid offices, business departments and a few women in business type clubs. We often get one or zero applications. Our goal is to attract five applications this year. To do this we are going to add two speaking events at local colleges to both raise awareness about the JM Klausman and Zonta.

The YWPA award goes to a high school girl who exceeds in the realms of community service, leadership, and extracurricular activities. The application gets distributed in October and is due the middle of March. The application is mailed to all local high school guidance offices. This award is typically very well applied for. I believe we had 9 or 10 applications this year. It is shared on social media, our website, and in local news. Our goal is to continue on the same track with this award although we always seek to get more girls to apply.

Poinsettia Fundraising Committee: Chair Liz Reeves, Andrea Bordenca, Patti Matthieu, Lisa Sedelow

Our primary goal is to sell as many poinsettias as possible with the help of membership, to raise money for our service projects.

Some of our members volunteer to deliver poinsettias sold within our area; members can also pick them up at the greenhouse. Our order form will be on our website with additional information (size/price/color etc.). All members assist by encouraging purchases by and for family, friends and colleagues, hairdressers, dentists or any other business that might be interested in supporting Zonta and decorating for the holidays. It's also a great way for people in the community to learn about Zonta and hear about our good works.

Silent Auction Fundraising Committee: Co-chairs Dianne Kidd and Trish Pupek, Nancy Ayres, Kristin Goold

This committee organizes and runs the Auction event on the Monday before Mother's Day each year—this year it will be 5/6/19.

Tasks include working with the venue on logistics and food, publicizing/selling tickets and soliciting items for the auction, tracking auction items and preparing bid sheets and thank you letters, organizing and printing program, tracking guests and adding them to seating chart, decorations and gift for attendees, running the auction, and overseeing cash out is managed smoothly.

All members assist by suggesting an organization that will be a beneficiary (along with ZIF and SoliderOn), collecting auction items valued \$25 or more, inviting guests to attend, and signing up for one or more tasks leading up to, on the day of the event and follow-up.

Golf Fundraising Committee: Debbie Wood, Mary Knight, Kristin Goold, Janet DaSilva, Joanne Turner-Chiacchia

This committee coordinates a golf fundraiser with an area golf venue, with a goal to raise money for our service projects. This committee does all the planning and manages expenses involved in executing the event. All members assist by volunteering for task activities prior to and on the day of the tournament; providing pastry, snack and food needs; soliciting sponsors; and donating prizes for the event.

Minutes continued from Page 3

a series of presentations and resources on a number of topics such as leadership, financial leadership, effective communications and more. This free and simple tool will help club members build knowledge and skills in fields outside of their profession. After completion of a module, a certificate is generated for each topic completed. Mary recommends all club members to take a look at this tool on Zonta.org.

Zonta International Donation: President Trish presented MaryAnn Rubis Foundation Ambassador for District 1 with a check made out to Zonta International in the amount of \$1,933, representing 1/3 of our fundraising last fiscal year. MaryAnn thanked our club and announced that the district newsletter will be coming out shortly and will include all the updates from convention and more about the Centennial celebration.

Raffle Winner: Mary Knight won the raffle of the night. Trish adjourned the meeting at 8:39 PM.

Respectfully submitted,
Shanique Spalding, Secretary

***** **2018 Founders Day Award** *****



2017 Founder's Day winner Gail Gramarossa with past president Mary Knight

Each November, we present our Founders Day award to a women in the community who exemplifies the ideals of Zonta international. Some past recipients of this award are Marge Cavanaugh (YAY!), Kathy Picard and Erin Pincince, to name a few. These are women who consistently go above and beyond to serve their communities. **In addition to celebrating the recipient's accomplishments and commitment over dinner with family and friends, we also present her with a \$500 award that can be made out to the charity of her choice.**

President Tricia asked members to nominate their choice for the 2018 award and send the name, photo and a short bio to Mary for publication in this issue. Because our business meeting in October is later than usual, an email vote will be taken prior to then to make a final selection and move forward with planning for this event.

Mary Knight has nominated Monica Moran



You may recognize Monica as having attended Silent "no more!" Auctions and other Quaboag Valley meetings. She will be at our October Domestic Violence Awareness event, as well—one of five panelists who will help us to generate concrete ideas that would make a difference in the lives of families at risk. When asked, she accepted enthusiastically—just like a Zontian.

Monica Moran is the Manager of Domestic Violence Prevention Programs at the Pioneer Valley Planning Commission in Springfield, Massachusetts. Ms. Moran coordinates two rural domestic violence task forces in Western Massachusetts: the Southern Hilltown Domestic Violence Task Force and the Ware River Valley Domestic Violence Task Force. Both task forces work to combine the expertise and energy of community residents, survivors of violence, and professionals to develop innovative, grass root responses to prevent and end domestic violence. Both task forces helped launch community-based programs that provide follow-up advocacy to domestic violence police calls and provide transportation, court accompaniment, and home visits to rural victims who might otherwise not be able to access help. Both task forces also work extensively on prevention. The task force in Ware helped build the Ware High School Domestic Violence Task Force with 36 teen members. The task force in the hilltowns created the first social norms dating violence prevention campaign in the country with Gateway High School. Before relocating to Massachusetts, Ms. Moran worked at Tri-Valley Haven Woman's Shelter in northern California. Ms. Moran is the recipient of several awards, including most recently a 2018 *Access to Justice* Award from the Massachusetts Office of Victim Assistance.



Leadership Development

Priority #1: Strengthening Skills and Competencies of all Members

Mary F. Knight ZD01, 9/9/18

1

Because all Zontians are Leaders...

Leadership Development established as a Standing Committee in 2014 – a big deal.

Vision: To ensure focus on ongoing growth and development in knowledge and competencies of Zonta leaders at all levels of the organization to support effectiveness and relevance for today and tomorrow.



2

Benefits for Members

- Get free professional development – knowledge and skills that can add value to your life – all online, at your own pace
- Experience Zonta from a whole new perspective; discover something new - even if you are a veteran Zontian
- Become a more effective leader of people, and an accomplished manager of projects



3

Benefits Continued

- Develop competence in areas outside your profession
- Learn and use new tools in our digital world
- Speak with confidence about Zonta and our mission—become an outstanding advocate for women
- Expand your awareness and understanding of issues impacting women and cultural differences



4

Tools and Resources

1. Zonta Leadership Program
2. Build a Better Club ~ Member to Member Resources
3. How-to Tools and Techniques
4. Personal Development Library

Zonta.org | Sign into My Zonta | Tools/Leadership Development Tools



5

1. Zonta Leadership Program



Self-paced, e-learning program designed to provide members with

- organizational knowledge
- personal and professional development and
- opportunities to expand their leadership.

Free with Zonta Membership



6

1. Zonta Leadership Program Continued

- Initial modules include Governance, Goal Inspired Leadership, People Leadership and Financial Leadership
- Each session is 5-10 minutes and includes video presentation, resource links, and reflective questions.
- Certificate of recognition awarded after completion of each module.



2. Build A Better Club

Series of training materials and presentations created by Zontians around the world.

Included are:

- Effective Communications
- Difficult Conversations
- Presiding with Presence

Important: Be sure to review the "Introduction" video before starting.

Members can submit presentations to LeadershipTraining@zonta.org

3. How-to Tools/Techniques



PDF's, audio and video presentations to improve club effectiveness, efficiency.

Best practices, successful tips and tricks are always welcome. Let's share your valuable knowledge!

Members can submit suggested resources to LeadershipTraining@zonta.org

3. How-to Tools/Techniques Continued

HOW TO TOOLS		
Title	File Type	Updated
Communicate Effectively Through Email	PDF	April 2017
Create a Presentation	PDF	April 2017
Club Officer Training Template	PPT	July 2018
Make a PowerPoint Slides into a Video	WMV	January 2017
Add Speak to PowerPoint	WMV	April 2017
501(c)3 Organizations	MP4	May 2018
Tax Status for U.S. Clubs	MP4	May 2017
Form 990 Filings webinar	YOUTUBE	March 2017
Engaging people through emotions - Public Speech Training	MP4	June 2018

4. Personal Development Library



A collection of articles, books and videos recommended by the Leadership Development Committee to inspire you to grow as a leader.

We are a diverse and vibrant membership!

Members can submit suggested resources to LeadershipTraining@zonta.org

Zonta is investing in you; take advantage and invest in yourself!

